

Three-Minute Blender Banana Pancakes

Servings: 2

Prep Time: 1min

Cook Time: 2min



Ingredients

- small knob of butter, for frying
- 1 banana
- 1 egg
- 1 heaped tbsp self-raising flour
- ½ tsp baking powder
- chopped strawberries and banana, to serve (optional)
- maple syrup, to serve (optional)

Directions

1. Melt the butter in a non-stick frying pan over a low-medium heat. Meanwhile, add the banana, egg, flour and baking powder to a blender and blitz for 20 seconds.
2. Pour three little puddles straight from the blender into the frying pan. Cook for 1 min or until the tops start to bubble, then flip with a fork or a fish slice and cook for 20-30 seconds more. Repeat with the rest of the mixture to make three more pancakes.
3. Serve the pancakes with chopped strawberries or banana and a splash of maple syrup, if you like.